

**Epi Update for Friday, January 25, 2019**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's Epi Update include:

- **CDC: Antibiotic-resistant *Brucella* linked to raw milk, product shipped to Iowa**
- **Tuberculosis outbreak identified at Minnesota State University, Mankato**
- **In the news: New explanation for Alexander the Great's death**
- **In the news: Stuck and stressed - The health costs of traffic**
- **In the news: Bronze Age plague - Samara, Russia**
- **Infographic: Spreading germs is OUT. Handwashing is IN!**
- **Meeting announcements and training opportunities**

**CDC: Antibiotic-resistant *Brucella* linked to raw milk, product shipped to Iowa**

CDC recently released a Health Alert Network (HAN) message describing three cases of brucellosis from *Brucella* RB51 linked to raw milk from Miller's Biodiversity Farm in Quarryville, Pennsylvania. This milk was shipped to customers in 19 states, including Iowa. People who consumed raw milk or raw milk products from this dairy since January 2016 may have been exposed. Currently, no cases of brucellosis linked to this outbreak have been identified in Iowa.

*Brucella* strain RB51 is a live-attenuated cattle vaccine strain which can be shed in milk and cause infections in humans. RB51 is resistant to rifampin and penicillin. There is no serological test available to detect RB51 infection. Blood culture is the recommended diagnostic test for exposed individuals who are symptomatic.

Symptoms of brucellosis include fever, sweats, malaise, anorexia, headache, fatigue, muscle and joint pain, and potentially more serious complications. In pregnant patients, *Brucella* infections can be associated with miscarriage. Symptom onset can occur anywhere from five days to six months following exposure.

CDC has released guidelines for the diagnosis and treatment of suspected cases of brucellosis due to *Brucella* RB51, as well as for post-exposure prophylaxis and monitoring of individuals known to be exposed to affected products.

To view the full HAN message, including guidelines for exposed individuals, visit [emergency.cdc.gov/han/han00417.asp](https://emergency.cdc.gov/han/han00417.asp).

**Tuberculosis outbreak identified at Minnesota State University, Mankato**

The Minnesota Department of Health has issued a Health Alert Network (HAN) message identifying an outbreak of tuberculosis (TB) among individuals who spent time on the Minnesota State University, Mankato campus since August 2016. The campus is located in southern Minnesota, about 50 miles from the Iowa border. Eight individuals have been diagnosed with active TB linked to this outbreak, including two who were never enrolled at the university.

Iowa clinicians should have a high suspicion for TB disease in college-aged patients who are current attendees, recent graduates, or individuals associated with students of Minnesota

State University, Mankato. As always, clinicians in Iowa should contact the Iowa TB Control Program to report suspected or confirmed cases of TB disease within one working day. IDPH provides medication free of charge to treat both latent tuberculosis infection (LTBI) and TB disease.

For Iowa TB Control Program contact information, visit [idph.iowa.gov/immtd/tb](http://idph.iowa.gov/immtd/tb).

To view the full HAN message, visit [www.health.state.mn.us/han/jan22tb.pdf](http://www.health.state.mn.us/han/jan22tb.pdf).

**In the news: New explanation for Alexander the Great's death**

[www.sciencedaily.com/releases/2019/01/190122115006.htm](http://www.sciencedaily.com/releases/2019/01/190122115006.htm)

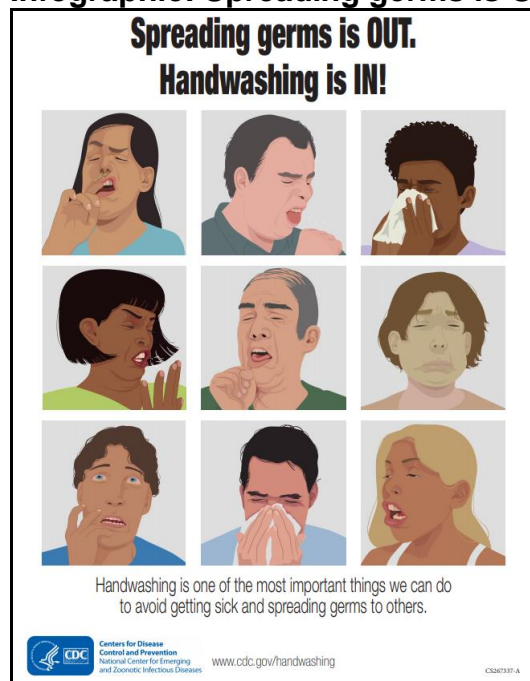
**In the news: Stuck and stressed - The health costs of traffic**

[www.nytimes.com/2019/01/21/upshot/stuck-and-stressed-the-health-costs-of-traffic.html](http://www.nytimes.com/2019/01/21/upshot/stuck-and-stressed-the-health-costs-of-traffic.html)

**In the news: Bronze Age plague - Samara, Russia**

[www.archaeology.org/issues/323-1901/features/7200-russia-samara-bronze-age-plague](http://www.archaeology.org/issues/323-1901/features/7200-russia-samara-bronze-age-plague)

**Infographic: Spreading germs is OUT. Handwashing is IN!**



To view in full size, visit [www.cdc.gov/handwashing/pdf/handwashing-is-in-8x11.pdf](http://www.cdc.gov/handwashing/pdf/handwashing-is-in-8x11.pdf).

**Meeting announcements and training opportunities**

None

**Have a healthy and happy week!**

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